

DRINKS, SNACKS & CONDIMENTS

BEVERAGES

Peet's coffee/decaf coffee
Black tea
Chamomile tea
Green tea
Unsweetened iced tea
Diet lemon-lime soda
Ginger ale
Sparkling water
Apple juice
Orange juice
Cranberry juice
Diet cranberry juice
Prune juice
Milk options: low fat, whole, lactose-free, chocolate, soy vanilla, organic almond

SNACKS

Whole fruit
Cottage cheese
Raisins
Chocolate pudding
Diet vanilla pudding
Greek yogurt: plain ...vanilla ...strawberry
Pretzels
Chocolate chip cookie
Whole grain chips
LAY'S® baked potato crisps
String cheese
Vegan gel treat
Fresh cut apple... honeydew...
...pineapple

CONDIMENTS

Salt... pepper... herbs
Cholula®
Sugar... brown sugar... honey...
Splenda®
Jelly or sugar-free jelly
Breakfast syrup
Diet breakfast syrup
Peanut butter
Butter
Margarine
Parmesan cheese
Ketchup ...Mustard ...Mayo

SPECIAL DIET INSTRUCTIONS WHILE IN THE HOSPITAL

This icon: [♥] indicates the menu item is approved by the UCSF dietitians as a good choice for sodium & fat restricted diets. You can order your meals when you are ready to eat. Your daily diet order goals are to aim for 2,000-2,400 milligrams (mg) of sodium & 13 grams of saturated fat.

Patients on Insulin for Blood Sugar Control

To help us manage your blood sugar, your nurse needs to check your blood sugar levels before you eat your breakfast, lunch and dinner. Additional blood sugar checks will be done at 9pm & 2am to ensure your baseline blood sugar levels are well controlled. For best blood sugar management with room service dining, **please do these things:**

1. Eat 3 times per day & do not skip meals.
2. Order meals at consistent meal times and space meals at least 3-4 hours apart. Each mealtime insulin dose is active in your body for approximately 4 hours
3. **Most Important:** Wait for your nurse to check your blood sugar before eating your meal.



ROOM SERVICE



Phone lines open 7:00am to 8:00pm

Last order taken at 7:30pm

Call 3-1111 to place order

Delivery within 45 minutes

Guest meals available for \$9



Our kitchen system & clerk know your food allergies and prescribed diet from your health record. The clerk will work with you to find menu items appropriate for your doctor's order.

All items are à la carte.

Please ask for sides & condiments.



Our Health & Sustainability Commitment:

The UCSF Nutrition & Food Services Team is committed to providing our patients & customers safe, nutritious food that tastes good. We choose food products that are whole & as unprocessed as possible, grown preferably locally, produced & packaged in a manner that is less detrimental to the environment, free from genetic modification when possible, in consideration of animal welfare & in consideration of fair trade standards. Our products are free of trans fats & minimize use of products with high fructose corn syrup. While we are not 100% there, we continuously evaluate & change our products to meet this commitment.

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MORNING GLORY

Available for Breakfast

Breakfast hours are 7am to 10:30am

Signature Breakfast Sandwich

Egg & American cheese on an English muffin (ham optional)

Classic Pancakes

One or two fluffy pancakes.
(regular or sugar-free syrup available)

Hot and Cold Cereals:

Organic oatmeal ♥ ... cream of wheat ♥ ... organic corn flakes ♥
... organic multigrain with raisins ♥ ... organic granola ♥ ... organic
cocoa koala crisps ♥

Cage Free Eggs:

Scrambled eggs or egg beaters ♥ ... scrambled eggs with cheese ...
Hard-boiled egg (served chilled) ♥

Sides

Greek yogurt: ♥ plain ... vanilla
... strawberry
Bacon or sausage (two pieces)
Hashbrown triangle

Breads

White roll ♥
Raisin bran muffin

All items are served à la carte.
Please ask for sides
& condiments.



UCSF dietitian-approved choice for sodium or
this ♥ means... fat restricted diets. Please call 3-1111 with questions
about the diet that is prescribed for you.

SUTRO SOUP CO.

Available for Lunch and Dinner

Must order between 11am and 7:30pm

	Protein Based	Vegetarian
Monday	Chicken vegetable ♥	Carrot ginger ♥
Tuesday	Chicken noodle ♥	Tomato cheddar
Wednesday	Chicken arroz caldo ♥	Cream of mushroom
Thursday	Chicken tomatillo ♥	Vegetarian lentil ♥
Friday	Manhattan clam chowder	Pasta primavera ♥
Everyday, all hours	Chicken noodle ♥ Chicken broth ♥	Vegetable broth ♥



GREEN FIELDS

Available for Lunch and Dinner

Must order between 11am and 7:30pm

SALADS + PASTA

Side Salad ♥

Organic greens, tomatoes,
cucumber. Choice of dressings:
balsamic vinaigrette, ranch

Caesar Salad

Organic lettuce, parmesan, garlic
croutons, caesar dressing, lemon
wedge. Grilled chicken, tofu or
seared salmon optional

Tuscan Kale & Quinoa Salad (vegan)

Mixed lettuce, quinoa, garbanzos,
cherry tomatoes & vinaigrette

Field Fresh Salad (vegan)

Mixed lettuce, sunflower seeds,
veggies, kidney beans & cilantro
vinaigrette

Pasta Primavera

Fresh pasta, seasonal veggies,
olive oil & herbs. Grilled chicken,
tofu or seared salmon optional

SANDWICHES

Mozzarella Fresca Sandwich
with sundried tomatoes on herb
focaccia

Turkey Sandwich with romaine
lettuce on country white

Chicken Sandwich with
romaine lettuce and basil aioli
on cracked wheat

All items are à la carte.
Please ask for sides &
condiments.

CORNER GRILL

Available for Lunch and Dinner

Must order between 11am and 7:30pm

BURGERS

Turkey Burger ♥ (pictured)
70% Diestel turkey, 30% mushrooms

Beyond® Vegan Burger ♥

Wild-caught salmon burger ♥

**Grilled antibiotic-free
chicken sandwich** ♥

GRILLED PROTEINS

Salmon ♥... **Chicken Breast** ♥...
Meatloaf... **Tofu** ♥

MELTS

Grilled Cheese
(ham optional)

Tuna Melt

**Mushroom, Cheese or
Chicken Quesadilla**

TENDERS + FRIES

Chicken Tenders
French Fries

Grill Sides

French fries... Mashed potatoes...
White rice... White roll

